We claim:

1. A method for decreasing the appetite of a mammal comprising enterally administering to said mammal an amount of long-chain n-3 PUFA effective to decrease the appetite of said mammal.

2. The method according to claim 1 wherein said long-chain n-3 PUFA comprises DHA.

3. The method of claim 2 wherein said long-chain n-3 PUFA is administered independent of AA.

4. The method according to claim 1 wherein said long-chain n-3 PUFA is administered during a growth phase prior to or in conjunction with an appetite-impacting stimulus.

5. The method according to claim 1 wherein said long-chain n-3 PUFA is administered to an infant in a daily amount of about 8 to about 396 mg/kg body weight.

6. The method according to claim 1 wherein said long-chain n-3 PUFA is administered to a child or an adult in a daily amount of about 84 to about 15,832 mg.

7. A method for modulating the appetite of a mammal comprising enterally administering to said mammal an amount of long-chain n-3 PUFA and an amount of long-chain n-6 PUFA in relative amounts effective to modulate the appetite of said mammal.

8. The method according to claim 7 wherein said long-chain n-3 PUFA comprises DHA and said long-chain n-6 PUFA comprises AA.

9. The method according to claim 7 wherein said long-chain n-3 PUFA is administered during a growth phase prior to or in conjunction with an appetite-impacting stimulus.

10. The method according to claim 7 wherein said long-chain n-3 PUFA is administered to an infant in a daily amount of about 8 to about 396 mg/kg body weight.

11. The method according to claim 7 wherein said long-chain n-3 PUFA is administered to a child or an adult in a daily amount of about 84 to about 15,832 mg.

12. A method for antagonizing the CB_1 receptor in the brain of a mammal comprising enterally administering to said mammal an amount of long-chain n-3 PUFA effective to antagonize the CB_1 receptor activity in the brain of said mammal.

13. The method according to claim 12 wherein said long-chain n-3 PUFA comprises DHA.

14. The method of claim 12 wherein said long-chain n-3 PUFA is administered independent of AA.

15. The method according to claim 12 wherein said long-chain n-3 PUFA is administered during a growth phase prior to or in conjunction with an appetite-impacting stimulus.

16. The method according to claim 12 wherein said long-chain n-3 PUFA is administered to an infant in a daily amount of about 8 to about 396 mg/kg body weight.

17. The method according to claim 12 wherein said long-chain n-3 PUFA is administered to a child or an adult in a daily amount of about 84 to about 15,832 mg.

18. A method for decreasing the incidence of obesity or overweight status in a population of mammals comprising enterally administering to at least some members of said population an amount of long-chain n-3 PUFA effective to modulate negatively the appetite of said mammal.

19. The method according to claim 18 wherein said long-chain n-3 PUFA comprises DHA.

20. The method of claim 18 wherein said long-chain n-3 PUFA is administered independent of AA.

21. The method according to claim 18 wherein said long-chain n-3 PUFA is administered during a growth phase prior to or in conjunction with an appetite-impacting stimulus.

22. The method according to claim 18 wherein said long-chain n-3 PUFA is administered to an infant in a daily amount of about 8 to about 396 mg/kg body weight.

23. The method according to claim 18 wherein said long-chain n-3 PUFA is administered to a child or an adult in a daily amount of about 84 to about 15,832 mg.